



*Jolly Mon - Count it out loud..*

1	2	3	4	5	6	7	8
				5	6	7	8
Jump	2	3	Jump	5	6	7	Surface
Boost	2	3	4	Boost	6	7	8
Travel	2	3	4	Shoot	6	7	Back
Dolphin	2	3	4	5	6	7	Hold
Right Knee	Down	Left	Down	Right	Down	Left	Hold
Tub	2	3	4	Wheel	6	7	8
Turn	2	3	4	5	6	7	Star
Hold	2	3	4	Oyster	6	7	8
Surface	2	3	4	Wave	6	7	Back
Right Arm	and	Left	and	Right	and	Left	Hold
Tub	2	3	4	Kip	6	7	Rope
Smile	2	3	4	5	6	7	8

**We swim for good times!®**